



HEART-SMART GROCERY LIST

Use this shopping list to be sure you're filling your cart with heart-smart options.

Also look for products with the red and white heart-check,* which means they're certified heart-healthy by the American Heart Association.®



PRODUCE SECTION

Load up on fresh produce, but don't skip frozen, dried and canned. Just select fruits canned in water or natural juices. Rinse canned vegetables to reduce sodium.

- Apples
- Avocado
- Bell peppers
- Berries
- Broccoli
- Carrots
- Cauliflower
- Oranges
- Peaches
- Spinach
- Strawberries
- Sweet potatoes
- Tomatoes
- _____
- _____
- _____

PLANT-BASED PROTEINS

Aim to include nuts and other plant-based proteins at least twice a week.

- Nuts, including **American Pecans** – which are certified by the American Heart Association's Heart-Check Program
- Nut butters
- Beans and lentils (chickpeas, red kidney beans, black beans)
- _____
- _____
- _____

WHOLE GRAINS

Choose high-fiber grains that list whole grain as the first ingredient.

- Oatmeal
- Brown rice
- 100% whole-wheat bread
- Whole-wheat and bean-based pasta
- Farro
- Quinoa
- _____
- _____
- _____
- _____

DAIRY CASE

Select low-fat and fat-free versions of milk and yogurt. Choose soft margarines in place of butter.

- Fat-free or 1% milk
- Fat-free or low-fat yogurt
- Soft margarine
- _____
- _____
- _____

MEAT AND SEAFOOD COUNTER

Look for lean meat and pork, white meat poultry and lean ground meats with no more than 10% fat. Stock up on fish and aim for serving twice a week.

- Chicken breast
- Lean beef or pork tenderloin
- Lean ground turkey
- Salmon (fresh and canned)
- Tuna (fresh and canned)
- Sardines
- _____
- _____
- _____

PANTRY STAPLES

Stock your cupboards with ingredients to inspire heart-healthy cooking.

- Extra-virgin olive oil
- Non-stick cooking spray
- Vinegars
- Spices and herbs
- _____
- _____

For more information on a heart-healthy lifestyle: www.heart.org

* Products and information without this mark are not certified by the American Heart Association®